

# CRAFT GROUP

## Community Reinforcement & Family Training

Are you struggling with a loved one in your life who is abusing and/or misusing substances? Our CRAFT group is here for you. CRAFT helps family members improve their own lives, whether their loved one ends up seeking treatment or not. It helps family members get support while learning strategies for communicating and interacting with their loved one. You and your family are not alone.



CRAFT teaches several skills, including:

- Understanding a loved one's triggers to use substances
- Positive communication strategies
- Positive reinforcement strategies – rewarding non-using behavior
- Problem-solving
- Self-care
- Domestic violence precautions
- Getting a loved one to accept help

**FRIDAYS**  
**NOON – 1:00 P.M.**  
  
**Starting April 2, 2021**  
**In person and virtual**  
**through Zoom**

**Zoom Meeting ID:**  
**864-025-4418**

**Sunrise Community Health Clinic**  
**Community Room**  
**302 SE 3rd Street**  
**Loveland, CO 80537**

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